

# Comprehension orale

## Relax! Vacations Are Good For Your Health

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STEVE INSKEEP, host:

It's MORNING EDITION from NPR News. I'm Steve Inskeep. Today in Your Health: recharging your batteries. Health experts say vacation is not a luxury. Our health depends on it. And the evidence is mounting that a sound mind and body require taking time away from work and investing in leisure. NPR's Brenda Wilson looks at what science says about the effect of vacation on health.

**BRENDA WILSON:** The study that is cited time and time again on the benefits of health and vacations was actually not done to examine vacationing, but longevity. It involved more than 12,000 men who were recruited for the Framingham Heart Study that has for years been a gold mine of data for scientists. Karen Matthews, a professor at the University of Pittsburgh, says it's useful because the men in the study were very well characterized.

**Professor KAREN MATTHEWS** (University of Pittsburgh): So they were high risk, but so far, no known disease. And so some of them, indeed, were smokers. Some of them were hypertensive or had high blood pressure. Some of them had high cholesterol levels and were, in fact, elevated in health risk.

**WILSON:** They were followed over nine years. Among a series of things checked annually was whether they'd been on a vacation in the previous year.

**Prof. MATTHEWS:** And in the analysis that we did, we found that the more frequent vacations, the longer the men lived.

**WILSON:** The men who took vacations tended to be better educated and have a higher income. These are people who tend to be healthier and live longer, anyway. It's also possible that sicker people don't take as many vacations as healthy people. But Matthews says the study took that into account, and she's confident that there still are health benefits to vacationing.

1) Type of document

2) Topic :

3) Characters : Number, name, profession

4) Les conclusions de l'étude

5) Lexique

Repérer les mots faisant partie du champ lexical du voyage : vacation, leisure

Repérer les mots faisant partie du champ lexical de la santé : health, Heart, disease, hypertensive, blood pressure, high cholesterol levels, sicker

Compte rendu

Il s'agit d'une conversation entre un journaliste et la professeur Karen Matthews sur la question des avantages du voyage sur la longévité (l'espérance vie) des personnes.

12000 hommes ont été recruté pour cette recherche qui a couru sur 9 ans par le Framingham Heart Study.

Professor Karen Matthews, Université de Pittsburg explique que l'on a fait des études sur 9 ans sur des personnes à risque : fumeurs, hypertendus, pression artérielle élevée, haut taux de cholestérol.

On vérifiait plusieurs paramètres et les chercheurs se sont rendus compte que ceux qui voyagent vivent plus longtemps, sont plus éduqués et ont plus de moyens financiers.

Compte rendu en anglais en utilisant les mots de la santé et du voyage.

### Expression écrite

Explain this quote « *Health experts say vacation is not a luxury. Our health depends on it.* ».